

# Healthy Harvest Activities

There are several activities that can take place during the Healthy Harvest Celebration. Below are some ideas for Healthy Harvest activities. You can also be creative and come up with your own!

## **Corn Shucking Contest:**

Students shuck corn on the cob in a relay race format and then the corn is cooked and eaten.

## **Farmer Friday:**

Farm related field day including hay bale races, gunny sack races, farm animal petting zoo, and other activities listed on this page.

## **Ice Cream In A Bag:**

Students mix ingredients in a Ziploc bag and shake or toss with partner until it turns into edible ice cream.

## **Bread In A Bag:**

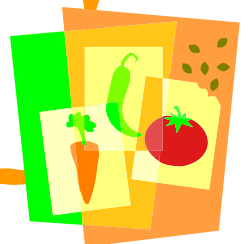
Students mix bread ingredients in their own Ziploc bag while learning about the purpose of the various ingredients.

## **Idaho Recipe Contest:**

Students develop a meal or recipe using Idaho foods. The kitchen staff can judge the recipe and the winning recipe(s) can be served in the school.

## **Taste Testing:**

Provide samples of Idaho foods for students to try.



# Healthy Harvest Activities Continued

## **The Color Way Day:**

Have color days where you serve foods of a certain color. Have staff and/or students dress in the day's color.

## **Guess How Many:**

Pick an Idaho food, put several in a large jar and have students guess how many are in the jar (example blueberries or wheat kernels). You may be able to get prizes donated by vendors or area councils/commissions.

## **Punch Cards:**

Provide students with a punch card that has all the 5 A Day Colors on it. Punch students cards when they eat fruits or vegetables in those colors. If they get all of their punches on their card they get a chance to enter a drawing for a prize.

## **Lucky Cup:**

Put a special sticker on the bottom of a few fruit/vegetable cups. The student who gets the lucky cup wins a special prize.

## **Food Animal Model Contest:**

Challenge students to create an animal from fruits and vegetables. Decide winners by category: most fruits and vegetables used, most realistic, most creative, etc.

Be  
Creative!!!

